

A752 – CATFISH, STRIPS, BREADED, PARTIALLY-FRIED, FROZEN, IQF



Nutrition Information

Catfish strip, cooked

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Breaded, partially-fried, individually quick frozen (IQF) freshwater catfish strips prepared from trimmed catfish shank fillet. Catfish strips consist of no less than 75% catfish flesh in the raw formula. Monosodium glutamate (MSG) is not allowed in this product.
PACK/YIELD	<ul style="list-style-type: none"> 20/2 lb bags OR 8/5 lb bags OR 4/10 lb bags per 40 lb case. One 40 lb case AP provides about 320.0 2-oz servings catfish strips. One 10 lb bag AP provides about 80.0 2-oz servings catfish strips. One 5 lb bag AP provides about 40.0 2-oz servings catfish strips. One 2 lb bag AP provides about 16.0 2-oz servings catfish strips. One lb AP provides about 8.0 2-oz servings catfish strips. CN Crediting: One 2.0 oz catfish strip when cooked provides 1.2 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store catfish strips frozen in the freezer at 0 °F or below. Keep product frozen until use. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

	2 oz (57 g) 1 strip
Calories	127
Protein	8 g
Carbohydrate	7.3 g
Dietary Fiber	2 g
Sugars	0.7 g
Total Fat	8 g
Saturated Fat	1.7 g
Trans Fat	0.7 g
Cholesterol	23 mg
Iron	0.6 mg
Calcium	0 mg
Sodium	247 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	N/A

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 01-22-08)

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Remove catfish strips from the case and place frozen product on ungreased cookie sheet. Preheat oven to 400 °F. Follow instructions on package label. If instructions are not available, use the following: Bake in conventional oven at 400 °F for 8-9 min OR in a convection oven at 400 °F for 6½-7½ min until an internal temperature of 155 °F is reached for 15 seconds or until fish flakes easily with a fork.
USES AND TIPS	<ul style="list-style-type: none"> Catfish strips may be served as an entrée with tartar sauce, cocktail sauce, or Tabasco sauce. They may also be served on a hoagie bun as a sandwich. Serve on top of a salad or make a catfish fajita by serving it in a tortilla.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Do not judge doneness by the color or texture of the food. Doneness is when the internal temperature reaches 155 °F for 15 sec.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.